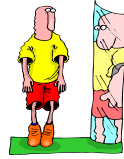


School Wellness Policies: Where do we go from here?

Sandra Kangas, Supervisor
Child & Adult Nutrition Services
Department of Education

Do we need to do something?



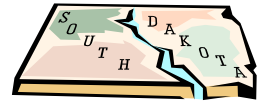
- The prevalence of overweight among children aged 6–11 has more than doubled in the past 20 years – ***quadrupled***
- Unhealthy diet and physical activity patterns account for at least 400,000 deaths among adults in the United States each year.
- one in three American children born in 2000 will develop diabetes in their lifetime.
- Frequent news reports on impacts of obesity.

How did we get here?

- Congress recognized need for action and ability of schools to work with children.
- On June 30, 2004, Congress passed Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004.

Does this include South Dakota? Do we need policies?

- Youth Risk Behavior Survey
- School Height and Weight reporting
- SD SCR4



Overweight & at Risk for BMI

Table 5: School Year 2005-2006 At Risk For Overweight And Overweight
Body Mass Index For Age

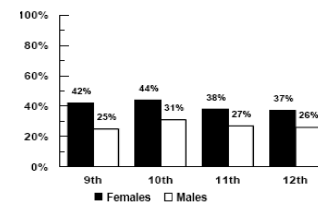
Age	Number Of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
5-8 years	14,460	16.1%	15.5%	31.6%
9-11 years	14,135	17.2%	18.1%	35.3%
12-14 years	12,491	17.1%	17.1%	34.2%
15-19 years	4,165	17.8%	16.7%	34.5%
Total	45,251	16.9%	16.9%	33.8%

Sources: South Dakota Department of Health
Note: Due to changes in the CDC/WHO age and height references, these data can not be compared to data in previous reports prior to the School Height and Weight for South Dakota Students 2000-2001 School Year.

YRBS - Percent who think they are overweight

Percentage of respondents who described themselves as slightly or very overweight = 34%

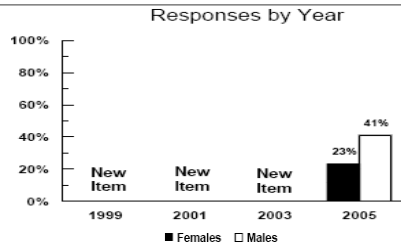
Responses by Grade



YRBS

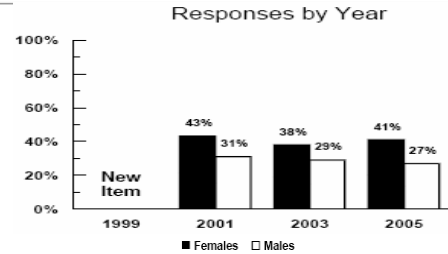
Physically Active 5 days

Percentage of respondents who were physically active for a total of at least 60 minutes per day, during 5 or more of the past 7 days = 32%



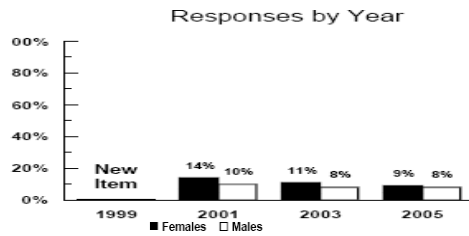
YRBS – less than 20 minutes activity 3 out of 7 days

Percentage of respondents who did not participate in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and did not do at least 30 minutes of moderate physical activity on 5 of the past 7 days = 34%



YRBS No activity in 7 days

Percentage of respondents who participated in no vigorous or moderate physical activity during the past 7 days = 8%



Education Service Agencies Region Map



Regional Distribution of Overweight

Table 10: School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index, By Regions

Region	Number of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
1	9,097	17.8%	17.3%	35.1%
2	9,722	16.5%	14.0%	30.5%
3	4,355	16.5%	19.2%	35.7%
4	6,042	16.7%	17.7%	34.4%
5	1,945	19.0%	25.7%	44.7%
6	3,477	17.8%	19.0%	36.8%
7	10,613	16.1%	15.4%	31.5%
Total	45,251	16.9%	16.9%	33.8%

Source: South Dakota Department of Health

The law required the District to develop a wellness policy that -

- involves a variety of people
- includes goals to promote student wellness
- includes nutrition guidelines
- provides assurance that meals meet federal standards
- establishes a plan for monitoring including designation of one or more persons charged with operational responsibility for the local wellness policy

Most policies are complete.

- Drafted
- Reviewed
- Adopted
- Good job!

You mean –
we're not
done?



Involve those who know

- Committee to develop policy
- Implementation
- Measurement
 - Teachers
 - Students
 - Food Service Staff
 - Administrators
 - Students
 - Researchers
 - Community/Business



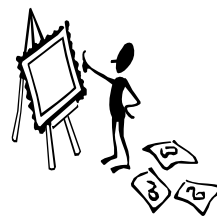
School Teams



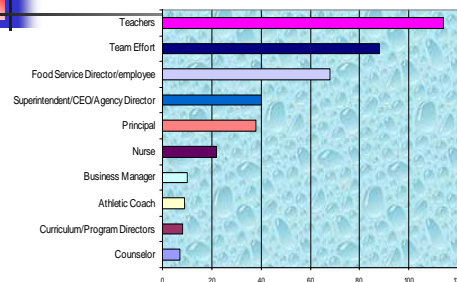
- Team Nutrition
- Coordinated School Health Councils
- Other local groups

Implementation – share the picture

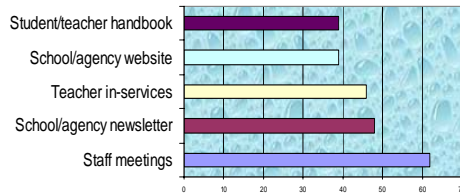
- Review the policy
- What goals were set?
- Who is responsible?
- Who can help?
- When are the goals to be accomplished?



Leaders in wellness efforts



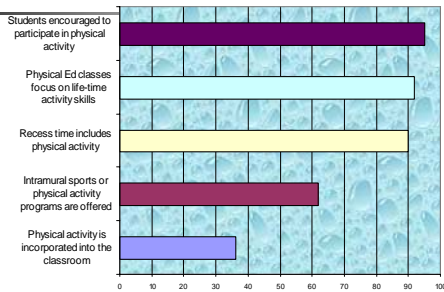
Top five ways wellness policy information was distributed



Physical Activity

- Physical activity burns calories
- Provides fitness
- Gives a break from sitting

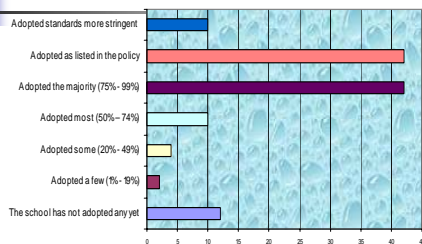
Physical Education and Physical Activity



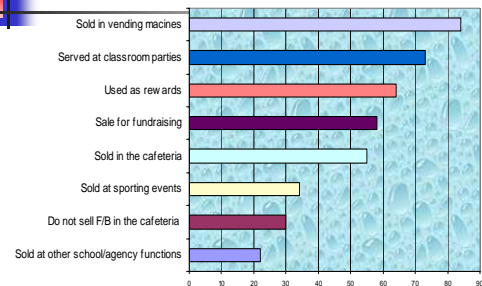
Nutrition Standards

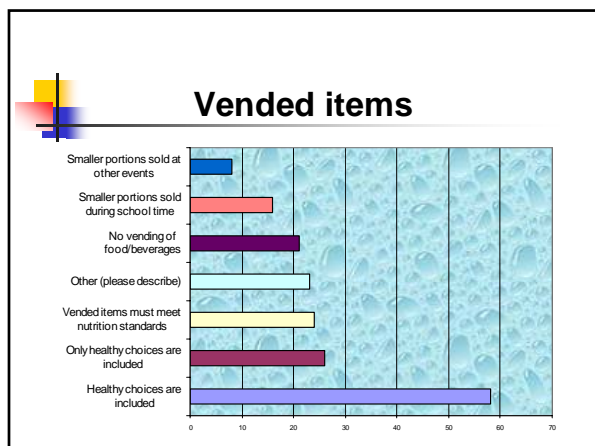
- A requirement of the policies
- Establishes bounds or guidelines for foods served or sold

Nutrition Standards



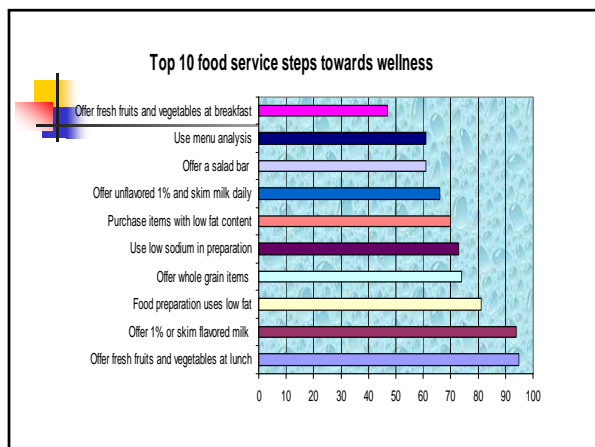
Food and Beverages in Wellness Policy





What is food service doing?

- Food service has many opportunities to provide healthy foods, education, and experiences.



What if...

- someone says you need to make a change?

Move On!

- Prioritize
- Educate
- Get assistance
- Set objectives
- Establish deadlines
- Begin
- Evaluate

Can we afford to make changes that we want?

- Reimbursement rates
- Meal prices
 - Are paid meals at or above free rate?
- Other revenue
- Purchasing

Meal Prices – Breakfast

- Breakfast Prices
 - \$1.10 - \$1.15
 - \$0.30
- Breakfast Reimbursement
 - 0.24
 - 1.01
 - 1.31
- Paid
 - $1.15 + .24 = 1.39$
- Reduced
 - $.30 + 1.01 = 1.31$
- Free
 - 1.31

Meal Prices – Lunch

- Lunch Prices
 - \$1.95 - \$2.00
 - \$0.40
- Lunch Reimbursement
 - 0.23
 - 2.00
 - 2.40
- Free
 - $2.00 + .23 = 2.23$
- Reduced
 - $.40 + 2.00 = 2.40$
- Paid
 - \$2.40

Wellness Policy

- doe.sd.gov/oess/cans/training/wellnesspolicy.asp
- Model policy
- Resources
- Training video
- Brochures
- Funding Opportunities
- Success Stories

Measuring Success

- The policy must “establish a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.”



Measurement

- ✓ Measurable goals
- ✓ Measurements before implementation
- ✓ Measurements periodically
- ✓ Example: Goal to increase number of students who eat breakfast.
 - ☞ How many ate before?
 - ☞ Implement breakfast promotion.
 - ☞ How many eat now?



Evaluation

- ✓ Look at implementation progress.
- ✓ Recommend committee responsibility.
- ✓ Review measurements (data).
- ✓ Review what you hear (anecdotes).
- ✓ Are we where we want to be?
- ✓ What next?

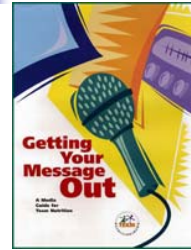


Accomplishments

- Celebrate successes
- Publicize
- Recognize contributions



Getting Your Message Out



"Getting Your Message Out"

- teamnutrition.usda.gov/library.html
- Can order up to 10 copies
- Can read on line

Next Steps



- Revise or refine
- Proceed
 - Communicate
 - Implement
 - Measure
 - Evaluate
 - Communicate
 - Implement
 -

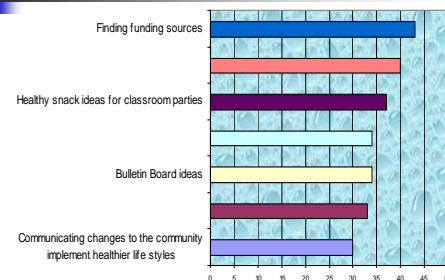
HealthierUS School Challenge

- Websites for information
 - doe.sd.gov/oess/cans/nutrition/healthierchallenge.asp
 - teamnutrition.usda.gov/HealthierUS/index.html
- None in South Dakota at this time
- Takes the whole team – not just food service
- Logical progression after wellness policy

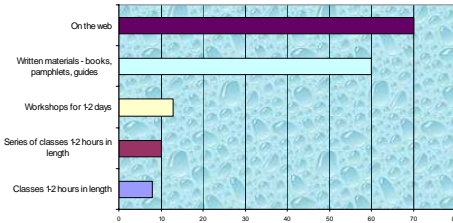
HealthierUS School Requirements

- elementary school, Team Nutrition School
- lunches demonstrate healthy menu planning practices, principles of the Dietary Guidelines for Americans, and meet USDA nutrition standards – many details
- provide nutrition education to students
- provide students opportunity for physical activity
- maintain average daily participation of 70 percent or higher
- adhere to guidelines established by USDA for foods served/sold in schools outside the NSLP

What agencies say they need



Preference for information delivery



■ Children's health should not be a goal.

■ It should be our priority.

■ - CDC

TEAM Effort

- Together
 - Everyone
 - Achieves
 - More
- Together
 - Everyone helps children
 - Achieve
 - Maximum health and ability to learn



Questions?

- ✓ Contact Child and Adult Nutrition Services
 - Phone = 605-773-3413
 - Fax = 605-773-6846
 - e-mail: firstname.lastname@state.sd.us (sandra.kangas@state.sd.us)
 - 800 Governors Drive, Pierre SD 57501-2235

Resources

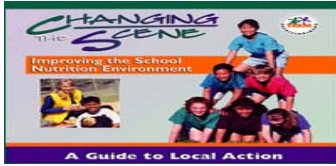
- CANS – Team Nutrition
 - doe.sd.gov/oess/cans/nutrition/index.asp
- Coordinated School Health
 - doe.sd.gov/oess/schoolhealth/
- Action for Healthy Kids
 - www.actionforhealthykids.org/
- SDSU Cooperative Extension

Team Nutrition for Educators

teamnutrition.usda.gov/educators.html

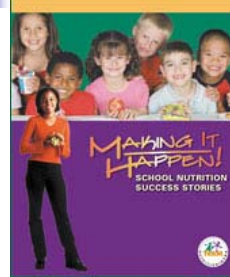
- Available Resources for K-12 School
- Available Resources for Elementary Schools
- Available Resources for Middle and High Schools

USDA – Changing the Scene



- Available from CANS or can order from USDA website teamnutrition.usda.gov/Resources/changing.html

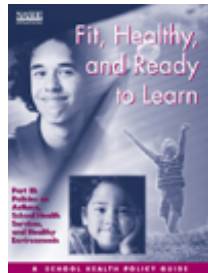
Making It Happen!



- School Nutrition Success Stories**
- Can obtain from CANS or USDA website

NASBE

- Fit, Healthy & Ready to Learn
- Download PowerPoints from Calories In-Calories Out Conference



ASBO, International

- Journal article "Taking Action for Healthy Kids"
- February 2003: www.asbointl.org/asbo/files/ccPageContentDOCFilename001052705546SBA_Feb_03_article_TakingActionForHealthyKids.pdf

Changing the Vending

- Study of 10 schools
- Financial impact of selling healthier foods
- www.cnr.berkeley.edu/cwh/PDFs/Dollars_and_Sense_FINAL_3.07.pdf

Resources - Child & Adult Nutrition Services (DOE)

doe.sd.gov/oess/cans/training/wellnesspolicy.asp South Dakota

Wellness Policy

- South Dakota School Wellness Policy Training Video
- Wellness Policy Resources
- School Wellness Policy Workshop Handouts
- Brochures
- Funding Opportunities for Wellness Policy Projects



Resources – Coordinated School Health (DOE)

doe.sd.gov/oess/schoolhealth/resources.asp

- [YRBS – Youth Risk Behavior Survey](#)
- [School Health Profile](#)
- [CDC's School Health Index](#)
- [NASBE's Fit, Healthy, Ready to Learn](#)
- [Minds in Motion](#)
- [SD Schools Walk](#)
- [State Park Field Trips](#)
- [School Height/Weight Data Report](#)
- [HealthySD.gov](#)



A Self-Assessment and Planning Guide

Welcome to the School Health Index (SHI) A Self-Assessment and Planning Guide

Middle School/High School or Elementary

The SHI is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.

[What can the SHI do for my school?](#)

[How can my school implement the SHI?](#)



More Wellness Resource Sites

- www.healthysd.gov/
- www.actionforhealthykids.org/
- www.aahperd.org/
- www.cdc.gov/healthyyouth/
- rethinkingschools.org/archive/20_04/well204.shtml
- Any search engine: "Wellness Policy"



Data Resources

Youth Risk Behavior Survey (CSH)

doe.sd.gov/oess/schoolhealth/yrbs/

School Height/Weight Report

www.state.sd.us/doh/SchoolWeight/



HealthierUS School Challenge

- Website

doe.sd.gov/oess/cans/nutrition/healthierchallenge.asp

teamnutrition.usda.gov/HealthierUS/index.html